INDIVIDUALS GUIDE FOR CRISIS INTERVENTION AND PREVENTION OF SELF-DESTRUCTIVE BEHAVIOR

13th COSCOM CHAPLAIN OFFICE

BASIC SUICIDE PREVENTION

SELF-DESTRUCTIVE BEHAVIOR

GRIM STATISTICS

Self-destruction among adults is a serious and growing problem. In the past 25 years, there has been a 300 percent increase in the self-destruction rate.

There are currently more self-destructive deaths in the United States than homicides.

More than 6,500 young Americans kill themselves each year.

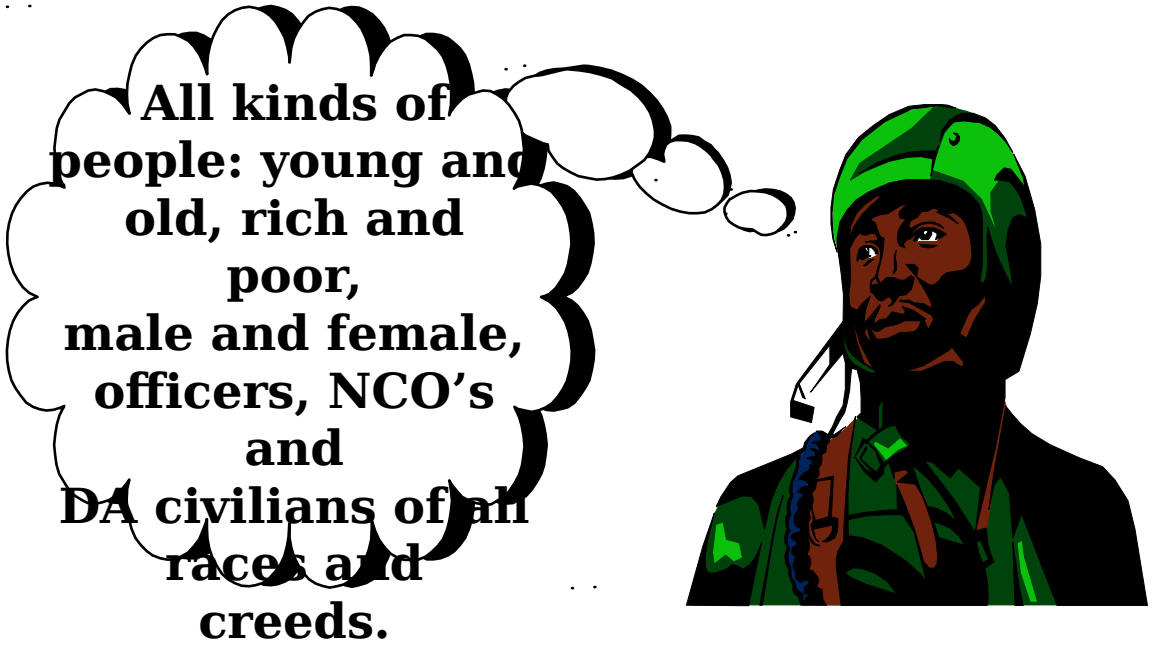
Taking all age groups into account, nearly *36,000 Americans die by their own hand each year.*

There are over 200,00 self-destruction attempts in the United States annually or one every two and one half minutes of every day.

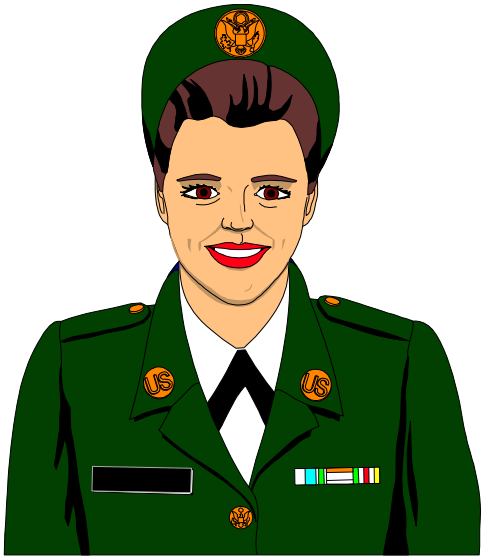
Nationally, self-destruction is the second leading cause of death.

WHY DO PEOPLE SELF-DESTRUCT?

BECAUSE THEIR PROBLEMS SEEM OVER-WHELMING



Self-destructive behavior is neither a ***Rich Man's Disease nor the Poor Man's Curse***. Self-destructive beha very "democratic" and it is represent proportionally among all levels of soc



ATTEMPTS

- More women than men attempt self-destruction.
- Women are most likely to use bar-biturates, drugs or poison, rather than violent means.
- Statistically, the characteristic self-destructive attempt is made by an adolescent girl or young women with emotional problems

COMPLETED

- More men than women actually kill themselves.
- Men are most likely to use a quick violent means of self-destruction such as a gun, hanging,
- Tragically, the highest total numbe of self-destruction is among young people age 15-25.

ANYONE, AT ANY AGE, CAN SELF-DESTRUCT

WHAT CAUSES SELF-DESTRUCTION?

In trying to understand why people
kill themselves, take a look at the source of stress and depression in
their lives.

STRESS

DEPRESSION

STRESS

The confusion that is created when the mind overrides the body's desire to choke the living daylights out of someone who desperately needs it!!

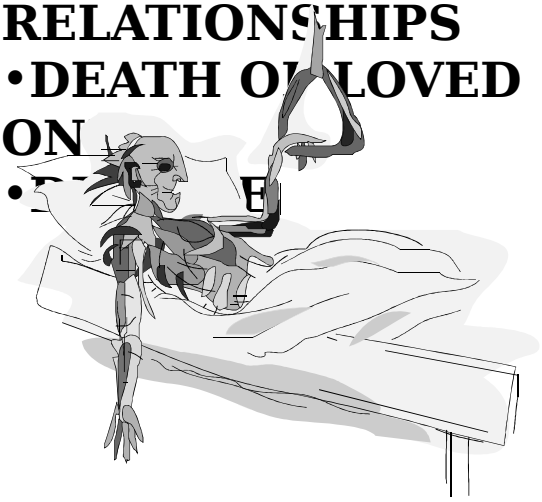
STRESS

is the body's response to the changes in our lives and to the threats to our safety and our self-esteem and may be a factor in disease causation.

***STRESS* is a normal part of life and peopl usually able to cope. Actually, most peop think about self-destruction at sometime their lives. Usually they find that these t are temporary and that things do get bet Generally, it is a combination of stressful that leads a person to believe that self-de is the only way out. One common thread the person feels hopeless about life. Feel hopelessness and low-esteem can have m causes.**

Some STRESSFUL SITUATIONS that can trigger self-destructive feelings

- LOW SELF-ESTEEM
- JOB PERFORMANCE
- INTERPERSONAL RELATIONSHIPS
- DEATH OF LOVED ON
- [illegible]

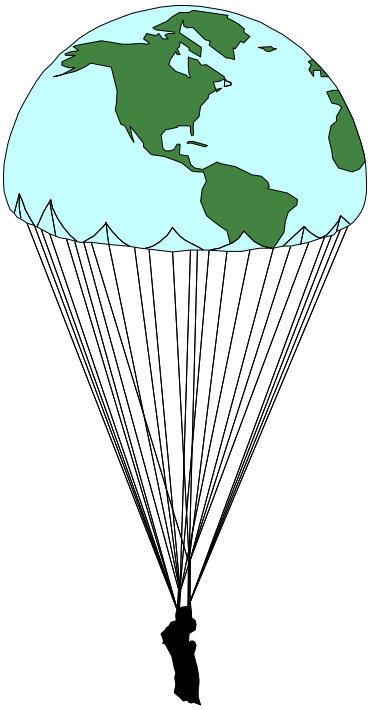


- INABILITY TO SLEEP
- FATIGUE
- SUDDEN CHANGE OF BEHAVIOR
- FINANCIAL
- LOSS OF SUPPORT SYSTEM

Any combination of several of these situation at one time is especially dangerous.

Being able to recognize one or more of these character traits in your sub-ordinates will aid in becoming more sensitive to the individual's crisis behavior.

SIGNS OF STRESS/SELF-DESTRUCTION



- HOPELESSNESS
- LOW-SELF-ESTEEM
- INTERPERSONAL RELATIONSHIPS
- DEATH OF LOVED ONE
- JOB PERFORMANCE
- FINANCIAL PROBLEMS
- DRUGS/ALCOHOL
- INABILITY TO SLEEP
- LOSS OF INTEREST OR PLEASURE
- AGGRESSION
- FATIGUE
- DIMINISHED ABILITY TO THINK/CONCENTRATE
- WITHDRAWAL FROM FAMILY
- SUDDEN CHANGE OR BEHAVIOR OR PERSONALITY
- SPIRITUAL WITHDRAWAL
- INTIMATE RELATIONSHIP FAILURES

INDIRECT VERBAL CLUES

I'm tired of life.

What is the point of going on?

Who cares if I'm dead anyway?

I can't go on anymore.

I'm so tired of it all.

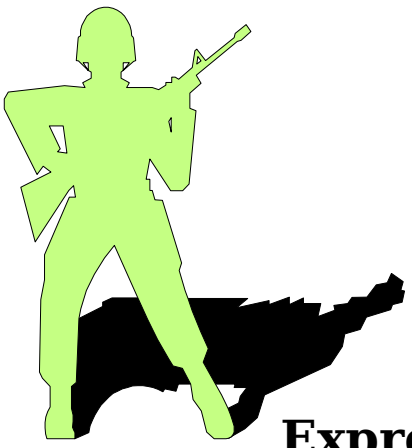
I just want out.

You would be better off without me.

Sad expressions - sighs often.

Very pessimistic/cynical attitude.

CAMOUFLAGED INDIRECT CLUES



Soon I won't be arou

You shouldn't be havin

take care of me any l

Soon you won't have to

about me anymore.

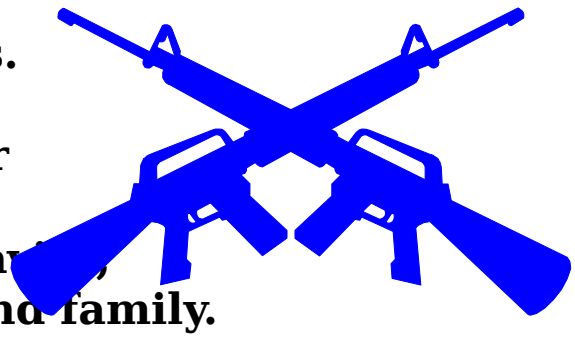
Goodbye, I won't be h

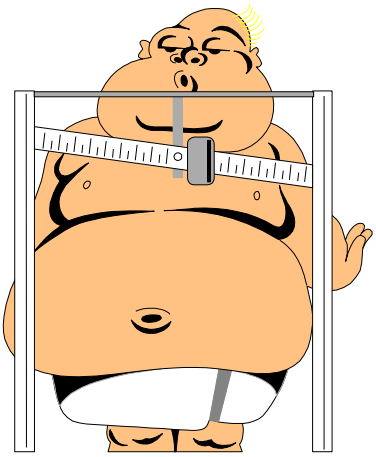
you return.

Expressed pessimism about future - verb

INDIRECT BEHAVIORAL CLUE

- **Buying guns/weapons or stock-piling pills**
- **Putting personal and business affairs in order.**
- **Making or changing a will.**
- **Taking out insurance or changing beneficiaries.**
- **Making funeral plans.**
- **Giving away money and/or prized possessions.**
- **Dramatic changes in behav… especially to friends and family.**
- **Sudden interest or disinterest in church.**
- **Scheduling an appointment with a doctor if three is no appa… reason to d…**





Exces… weig… or w… gain… Frequ… illne… visit… sick… head… GI u…

tiredness, weakness, aching, dizziness, heart palpitati… tightening of the chest, trouble with breathing, consti… heartburn and sweating.

GET INVOLVED!!

IMPORTANT--
WHAT NOT TO DO!!!

Don’t fail to take depression seriously.

Don’t fail to take stress seriously.

Don’t preach.

Don’t leave anyone alone if yo believe the risk for self-destru is imminent.

Don’t assume the person isn’t the self-destructive “type”.

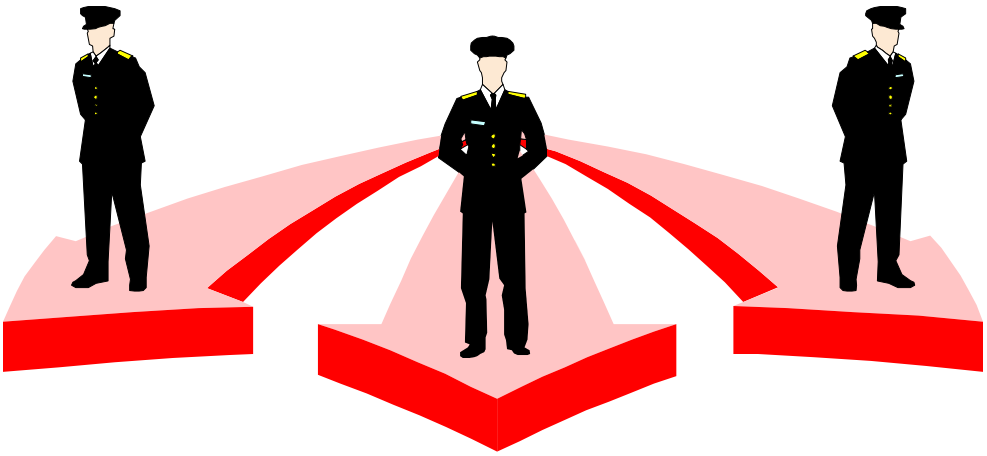
Don’t act at what the person tells

Don’t debate the morality of self-destruction or talk about how it may hurt others. This may induce more guilt.

Don’t analyze behavior or confront with interpretations during acute phase.

DON’T KEEP IT A SECRET

TELL SOMEONE WHAT YOU SUSPECT.



CALL FOR HELP!!

CALL FOR PROFESSIONAL HELP FROM ANY OF THESE SOURCES--

PRIMARY

- **Company Commander/1SG**
- **Community Mental Health Clinic**
- **Crisis or Suicide Prevention Center**
- ***Chaplain/Clergy***

SECONDARY

- **Physician**
- **Crisis Intervention Task Force**
- **Mental Health Professionals**
- **Army Community Service**

CONTINUING PROFESSIONAL HELP IS ESPECIALLY IMPORTANT FOR ANYONE WHO HAS THREATENED OR ATTEMPTED SELF-DESTRUCTION.

Have a Happy Holiday Season!